GLOBAL ADAPT METHOD



A FREE GUIDE FOR PARENTS

Is your child ready to study abroad?

International Student Readiness Assessment: 20 questions to see where your child is ready, and where they could use support.

> Many students who struggle abroad do well academically. What trips them up is routines, independence, stress, and adjusting to a new culture. This checklist helps you spot those areas early.

BY LILIANA SÁEZ, MBA · FOUNDER, GLOBAL ADAPT METHOD

HOW TO USE THIS SELF-ASSESSMENT

Check each statement that is true for your child **most of the time**. Be honest: this is for you, not a test. Then add up your checks on the last page.

A Daily Routines & Organization

- ☐ 1 Wakes up, gets ready, and gets to class on time without reminders.
- ☐ 2 Keeps track of assignments and deadlines on their own, with a planner, calendar, or app.
- ☐ 3 Can plan a week that balances classes, studying, activities, and rest.
- ☐ 4 Keeps a reasonable sleep routine, even during busy weeks.

CHECKS IN THIS SECTION _____ / 4

B Independence & Responsibility

- ☐ 5 Manages their own money for everyday expenses.
- ☐ 6 Handles basic tasks alone, like laundry, simple meals, and appointments.
- ☐ 7 Makes everyday decisions without checking with you first.
- ☐ 8 Takes responsibility when something goes wrong instead of waiting for someone to fix it.

CHECKS IN THIS SECTION _____ / 4

C Communication

- ☐ 9 Asks teachers or professors for help when they need it.
- ☐ 10 Can explain a problem clearly and calmly to an adult outside the family.
- ☐ 11 Speaks up in a group, even when it feels uncomfortable.
- ☐ 12 Is comfortable using the language of the new country, both in class and in daily life.

CHECKS IN THIS SECTION _____ / 4

D Stress & Pressure

- [ ] 13 Recognizes when they are stressed or overwhelmed.
- [ ] 14 Has at least one healthy way to calm down, such as exercise, music, talking, or time outside.
- [ ] 15 Handles a bad grade or a setback without giving up.
- [ ] 16 Can stay focused while studying without constant phone distractions.

CHECKS IN THIS SECTION _____ / 4

E Cultural & Social Adjustment

- [ ] 17 Is curious and open about different ways of doing things.
- [ ] 18 Makes new friends without relying on a familiar group.
- [ ] 19 Knows how to get involved in clubs, teams, or activities.
- [ ] 20 Can cope with homesickness without it taking over their week.

CHECKS IN THIS SECTION _____ / 4

YOUR TOTAL

A · Daily Routines & Organization	____ / 4
B · Independence & Responsibility	____ / 4
C · Communication	____ / 4
D · Stress & Pressure	____ / 4
E · Cultural & Social Adjustment	____ / 4
Total	_____ / 20

Tip: ask your child to complete it too, then compare your answers.

The places where you see things differently are often the best starting point for a conversation.

YOUR RESULTS

What your score means

16–20	**A strong foundation** Your child has many of the skills that make a transition smoother. Keep building on them, and watch for new challenges in the first few months.
10–15	**Some areas need attention** Your child is partly ready. Focus on the sections with the fewest checks, ideally before the move.
0–9	**Extra support will help** This is common and nothing to worry about. These skills can be learned, and structured support makes a real difference.

Whatever the total, any section with **2 or fewer checks** is the best place to start.

Three things you can do now

1. **Talk about it together.** Share the results with your child and ask which area feels hardest to them.
2. **Practice one skill at a time.** Pick one or two areas and work on them now, while your child is still at home.
3. **Step back gradually.** Each month, hand over one task you usually manage for them.

This self-assessment is a conversation starter, not an evaluation or a diagnosis. If you are concerned about your child's mental health, please speak with a licensed professional.

Want a personalized plan?

Global Adapt Students is a 12-week program that helps international students build the skills, routines, and confidence to succeed on their own. Schedule a free conversation to see if it's the right fit.

WEBSITE
globaladaptstudents.com

EMAIL
lsaez@globaladaptmethod.com